

Exploring and improving treatment adherence in patients with type 2 diabetes mellitus using eHealth

Citation for published version (APA):

Vluggen, S. (2019). *Exploring and improving treatment adherence in patients with type 2 diabetes mellitus using eHealth: the development and evaluation of a web-based computer-tailored program: My Diabetes Profile*. [Doctoral Thesis, Maastricht University]. <https://doi.org/10.26481/dis.20191219sv>

Document status and date:

Published: 01/01/2019

DOI:

[10.26481/dis.20191219sv](https://doi.org/10.26481/dis.20191219sv)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Download date: 05 May. 2023

Stellingen

Stellingen behorend tot het proefschrift

Exploring and improving treatment adherence in patients with type 2 diabetes mellitus using eHealth

The development and evaluation of a web-based computer-tailored program: My Diabetes Profile

1. A multi-behavior eHealth intervention is feasible for type 2 diabetes patients to improve their overall treatment adherence – this dissertation
2. Unhealthy snack intake is clearly an under-investigated major problem in type 2 diabetes patients' dietary pattern and therefore needs to be targeted when aiming for improvements in patients' disease control – this dissertation
3. The ProMAS is a better alternative than the MARS-5 to assess adherence to oral type 2 diabetes medication – this dissertation
4. To increase nurses' patient recruitment success, nurses need to be subjected to recruitment support, personalized to their knowledge, motivation, and action planning capacities – this dissertation
5. The Dutch Prevention Agreement needs to incorporate the application of eHealth as a viable method to bring about improvements in healthy lifestyle behaviours – valorization addendum
6. The process of behavior change and improving treatment adherence needs to be complemented by supporting eHealth initiatives
7. Dutch Physical Activity guideline targets should result in clear SMART goals to facilitate interpretation and adherence measurement
8. If you can meet with triumph and disaster, and treat those two imposters just the same – Kipling
9. 't Sjunste óp de welt, wat der Herjod had jemaad, dat is ós Kirchroa, went 't zingt en laacht